TrueNTH Lifestyle Management

Physical activity, stress-reduction, & nutrition for men living with prostate cancer

More than just a Website!

Health Library
Watch multimedia demos of exercises, nutrition resources, and links to the best wellness resources from organizations across Canada, and view webinars and online modules delivered by leading experts.

Training
Become eligible for prostate cancer specific training in physical activity, nutrition, or stress-reduction techniques.

Trackers
Health trackers for activity levels, sleep, and fatigue that can be synced with wearable technologies, such as FitBit.

Circle of Care
Connect with the Lifestyle Management team, and other health care professionals across Canada.

Learn more at lifestyle.truenth.ca

Email: lifestyle@truenth.ca